

ABSTRACT

Background According to WHO, heart disease is the number one cause of death in the world. In 2005, at least 17.5 million of all deaths in worldwide are caused by heart disease. 60% of all causes of death by heart disease is coronary heart disease (CHD).

Objective The objective of this study was to search the strong traditional risk factors from first onset of Acute Miocardial Infarction at RSUD Dr. Soetomo Surabaya.

Methods Medical records of 58 AMI patient at medical records center, RSUD Dr. Soetomo at 2014 are collected.

Result For risk factor of age, 43,1% of the sample belong to the group of 51-60 year old, 22,4% was 61-70 year old, 20,7% was 41-50 year old, 6,9% was 71-80 years old, and 3,4% other belong to 21-30 and 31-40 year old. The ratio between male patient and female patient is 86,2% to 13,8%. Sample with the background of family without coronary heart disease was as much as 93,1%, the remaining 6,9% was with coronary heart disease. 67,2% of the sample was a smoker and 32,8% was non-smoker. Normal blood pressure has the highest amount that is 58,6%, followed by pre-hypertension and hypertension level 2 with each the same amount 15,5%, and the last is sample with hypertension level 1 which has 10,3%. Normal LDL level was found in 41,4% of sample, 39,7% was high, another 19% was borderline. Normal sugar level was found in 56,9% of patient, 22,4% fulfil the criteria for diabetes, 20,7% other was pre-diabetes.

Conclusion In this research, it is found that traditional risk factors of the most powerful to the weakest is 51-60 years of age, male gender, family history without coronary heart disease, smoking, normal blood pressure, normal level of LDL, and normal blood sugar levels. In this study, the risk factors of sex and smoking affect the risk of acute myocardial infarction. Meanwhile, other risk factors such as age, family history, blood pressure, LDL cholesterol, and blood sugar levels had no effect on the incidence of acute myocardial infarction, where this is different from the research that had been done before.

Keywords: Acute Myocardial Infarction, Risk factors, Dyslipidemia